

Community Mental Health Support

If you are feeling anxious, depressed, or just overwhelmed by the uncertainty and stress of the coronavirus pandemic please consider picking up your phone and reaching out to talk to someone who is trained to listen. The people listed below have agreed to offer Egremont residents up to an hour of their time to provide informal mental health support. While they agree to follow the ethical principles of their profession, and to maintain confidentiality, they are volunteering their time in the spirit of neighbor to neighbor community support. There is no professional contract, stated or implied, unless you, the caller, decide to continue on with them and request ongoing psychotherapy. In that event they are free to negotiate a fee for their services. Likewise, there will be no formal records of the initial interaction. Please respect the privacy and schedules of your fellow community members who are offering to be of help - but do feel free to call. We are all in this together.

****[The Board of Selectmen, the Town of Egremont, and the Volunteers listed below bare no legal responsibility for any aspect of these voluntary interactions.]****

<u>Name</u>	<u>Preferred contact number</u>
Kari Amdahl	(413) 329-7708
Annie Benson	(413) 528-9504 ext 0
Bruce Bernstein	(413) 717-2599
Claude Borenzweig	(917) 312-8708
Rachel Brier	(413) 528-0389
Jim DiPisa	(203) 257-4350
Louise Fay	(646) 258-8690
Anne Fribourg	(917) 902-1574
Jennifer Kay	(413) 528-1402
Bruce McCarter	(413) 717-5021
Lita Moses	(646) 872-6358
Claire Rosenberg	(413) 528-0700
Alyson Slutsky	(973) 615-2847

Please note. This is not an emergency service. If you are experiencing an emergency please call:

<i>Berkshire County Crisis Team</i>	<i>(413) 499-0412</i>
<i>Fairview Hospital ER</i>	<i>(413) 528-0790</i>
<i>Suicide Prevention Hotline</i>	<i>(800) 273-8255</i>